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## THE CLAIMS

What is claimed is:

1. A method for managing one or more dermatological conditions in a  
5 patient having skin which comprises administering to the patient a therapeutically effective amount of a dermatological agent comprising at least one fruit extract from pomegranate in an amount sufficient to neutralize free radicals; and a pharmaceutically acceptable carrier.
2. The method of claim 1, wherein the administering is oral or topical.
- 10 3. The method of claim 2, wherein the dermatological agent is administered orally in an amount of between about 1 mg to 2,000 mg per day.
4. The method of claim 2, wherein the dermatological agent is  
15 administered topically in an amount of between about 1 mg to 20,000 mg per day.
5. The method of claim 1, further comprising administering at least one additional pharmaceutical composition to facilitate managing the dermatological condition.
- 20 6. The method of claim 5, wherein the at least one additional pharmaceutical composition is a moisturizing agent provided in an amount sufficient to facilitate hydration of the skin.
7. The method of claim 6, wherein the moisturizing agent is a mono- or  
25 poly-hydroxy acid.
8. The method of claim 7, wherein the mono- or poly-hydroxy acid is selected from the group consisting of glycolic acid, lactic acid, citric acid, tannic acid, salicylic acid, and mixtures thereof.

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bupleurum, poria cocos, gentian root, myrrh gum, hawthorn berry extract, marshmallow root, rosemary extract, black cohosh, soy, or ginger.

18. The method of claim 5, wherein the at least one additional  
5 pharmaceutical composition is an anti-inflammatory component provided in an amount sufficient to inhibit or reduce inflammation.

19. The method of claim 18, wherein the at least one additional anti-inflammatory component is selected from the group consisting of a vitamin E source, a  
10 transition metal component, aloe vera gel, aloe vera, licorice extract, pilewort, Canadian willow root, zinc, arnica, pile wort, allantoin, and mixtures thereof.

20. The method of claim 5, wherein the at least one additional  
pharmaceutical composition is an immunity boosting component in an amount sufficient to  
15 stimulate the patient's immune system response to prevent or facilitate repair of damaged skin.

21. The method of claim 20, wherein the immunity boosting component  
is selected from the group consisting of echinacea, echinacea extract, golden seal, and  
20 mixtures thereof.

22. The method of claim 5, wherein the at least one additional  
pharmaceutical composition is an antioxidant selected from the group consisting of a catechin-based preparation, a vitamin A source, a ginkgo biloba extract, a silymarin source,  
25 a quercetin compound, a vitamin C source, a carotenoid, and mixtures thereof.

23. The method of claim 5, wherein the at least one additional  
pharmaceutical composition is administered concurrently with the dermatological agent.

30 24. A method for managing one or more dermatological conditions in a patient which comprises administering to the patient a therapeutically effective amount of a

dermatological supplement comprising at least one fruit extract in an amount sufficient to neutralize free radicals; a transition metal component in an amount sufficient to inhibit or reduce inflammation; and a pharmaceutically acceptable carrier.

5                    25.    The dermatological supplement of claim 24, wherein the at least one fruit extract is selected from the group consisting of apricots, apples, pears, peaches, pineapples, papayas, pomegranates, cherries, kiwis, tangerines, grapes, oranges, and mixtures thereof.

10                   26.    The pharmaceutical composition of claim 24, wherein the transition metal component comprises zinc.

                    27.    The method of claim 24, wherein the administering is oral or topical.

15                   28.    The method of claim 24, further comprising administering at least one additional pharmaceutical composition to manage the dermatological condition.

                    29.    The method of claim 28, wherein the at least one additional  
20 pharmaceutical composition is selected from the group consisting of a moisturizer, a sunscreen or sunblock, and mixtures thereof.

                    30.    The method of claim 25, wherein the at least one additional  
                    pharmaceutical composition is administered concurrently with the dermatological  
25 supplement.



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